



***gymsports***

LEARN TO GYM

# Funweek

## Lesson Plan

Kingborough

Parachute  
Games**Squash the Mushroom**

Sit children in a circle around the parachute

Coach will count 1,2,3 everyone needs to lift the parachute as high as possible

While the parachute is in the air the coach will ask the gymnast to perform an action

Wave

Stick tongue out

Turn around

Clap hands

When coach calls out "down" everyone pulls the Parachute down to the ground

When coach says "squash" everyone can reach forward and squash all the air out with their hands, (they must keep their feet on the floor mat otherwise they may run into someone on the other side)

**Popcorn**

You need the small plastic balls for this one.

Sit everyone around the parachute.

Their aim is to pop all the corn (the balls) off the parachute by shaking it.

If they're really not moving any balls, do one big wave and they'll fly off spectacularly.

The winning team is the team who is holding onto the colour of the last ball on the parachute.

Winning team gets to go under the parachute and push all the balls out from under as fast as they can.

**Shoot into the bucket**

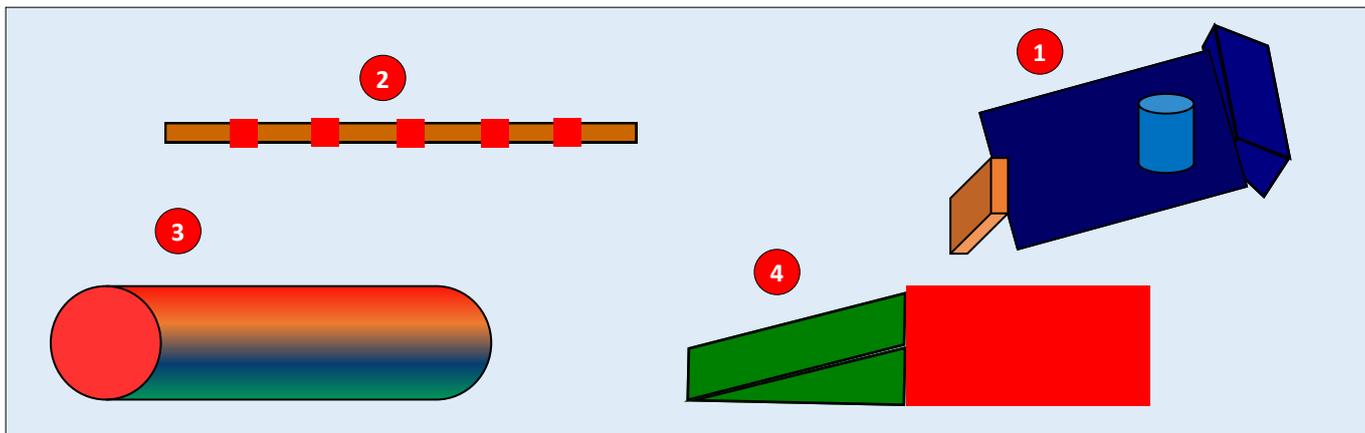
Children have to throw the balls into the bucket. But they are NOT ALLOWED ON THE PARACHUTE.

Coaches will push the balls off the parachute.

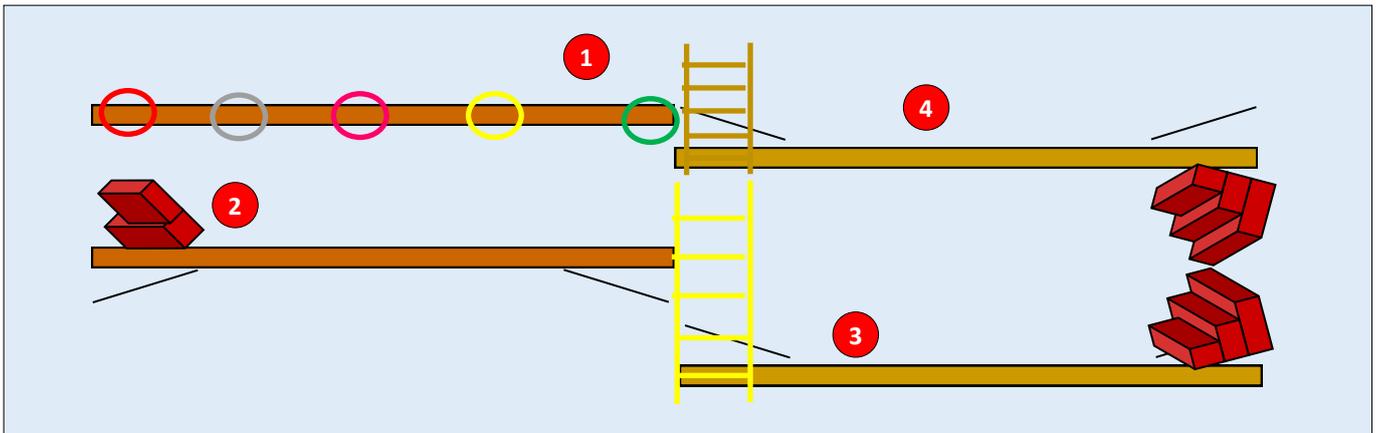
Once all the balls are in children need to line up with their coach and begin their rotations.

**Tips**

Coaches will need to join in so that it is supervised, if there is not enough room then spread out around the parachute to assist in keeping the children quiet so that the games go smoothly.

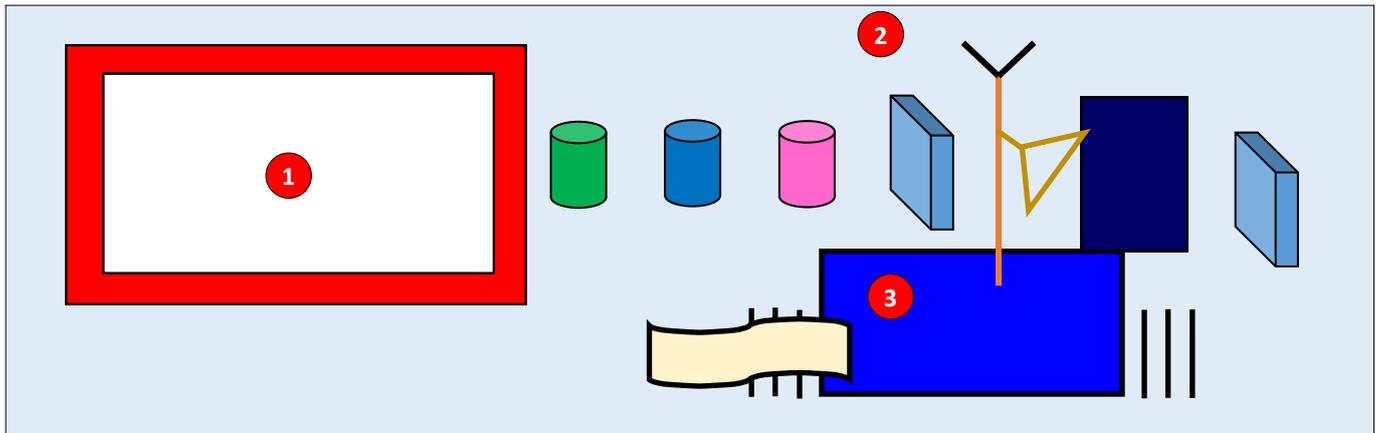


1.	a. Roll down inside the cylinder
Tips	Be careful they don't go off the side Don't squash the children
2.	a. Balance along the beam
Tips	Don't knock the foam blocks off
3.	a. Crawl through tunnel
4.	a. Climb up the wedge jump down onto mat
Tips	Land on feet or bottom

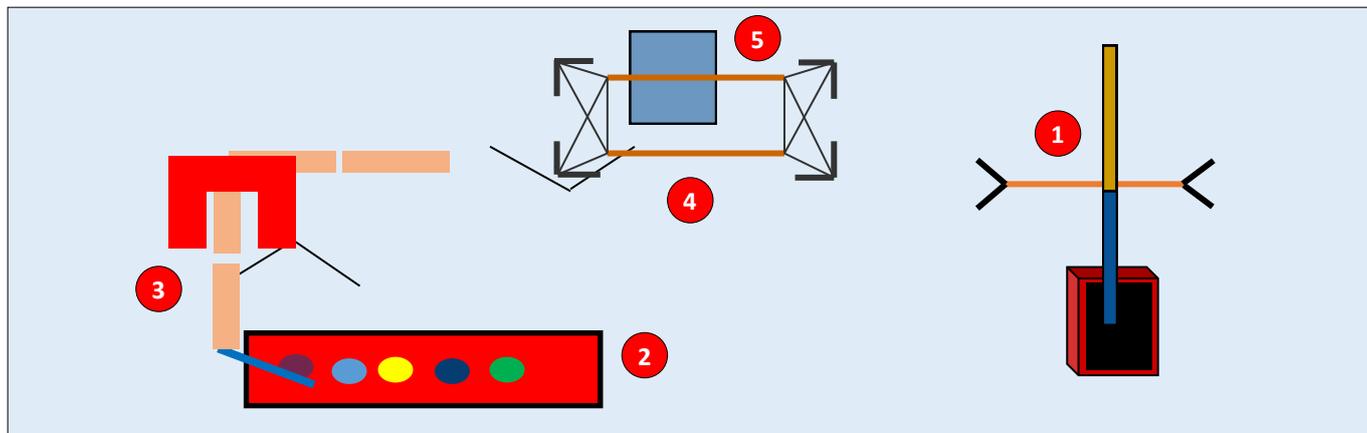


The Floor Is Lava

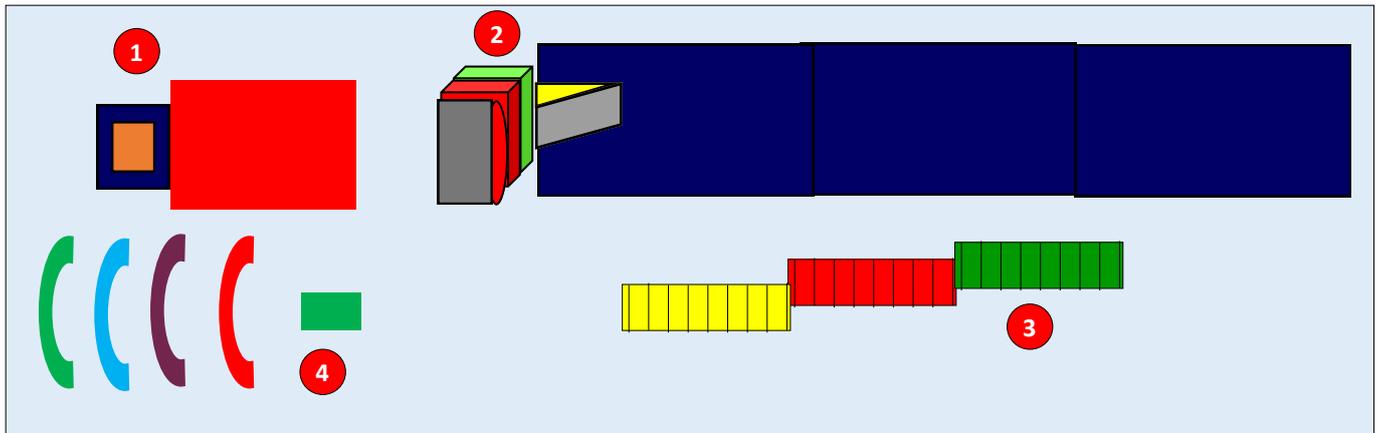
1.	a. Stepping through hoops
2.	a. Balance along the wide beam
3.	a. Climb up the ladder and at the end climb down stairs
Tips	You could pretend to be a crocodile or a shark to make it more fun
4.	a. Climb the stairs and down the ladder, try and make it on to the other beam without touching the floor



1.	<ul style="list-style-type: none"> <li>a. 3 rocket jumps</li> <li>b. 3 tuck jumps</li> <li>c. 3 star jumps</li> </ul>
2.	<ul style="list-style-type: none"> <li>a. Make your way through the pit</li> <li>b. Try not to touch the lava</li> <li>c. Jump from shape to shape</li> <li>d. Use the swing to swing across</li> </ul>
3.	<ul style="list-style-type: none"> <li>a. Slide on tummy</li> <li>b. Slide on bottom</li> </ul>



1.	<ol style="list-style-type: none"> <li>a. Climb up the beam</li> <li>b. Slide down the plank on your bottom or tummy</li> </ol>
2.	<ol style="list-style-type: none"> <li>a. Slide down into the pit</li> <li>b. Make your way over the fit balls</li> <li>c. Use the rope to climb out</li> </ol>
3.	<ol style="list-style-type: none"> <li>a. Walk along the floor beams</li> <li>b. Crawl under the red bridge</li> </ol>
4.	<ol style="list-style-type: none"> <li>a. Forward roll over the bar</li> </ol>
5.	<ol style="list-style-type: none"> <li>a. Hang in tuck, star, L or pike</li> </ol>



1.	a. 3 bounces of their choice e.g star, tuck, straddle, pike, half turn or rocket
2.	a. Children line up on the floor, when it is their turn they may climb up onto the box and have a giant swing.
<b>Tips</b>	Land on feet or bottom
3.	a. Balancing on the tracks
4.	a. Push yourself through the rainbow coloured arches



### Crash Mat Surfing

Approximately 10 balls under a crash mat

Have gymnasts spread around the mat

Ask 1 gymnast to make their way on top of the mat and make a front support shape on the mat

The rest of the group then rocks the mat around and tries to knock over the gymnast in front support shape

Repeat with each gymnast having a go

Try doing with gymnast in motorbike shape, front support shape, star shape

Watch out that the gymnasts do not go overboard and become too rough